

A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



EAP NOTES

Confidence: Be Your Own Cheerleader



Just like a sports team that's deemed the *underdog*, a great coach and loyal fans can provide necessary support to boost a team's confidence level. As individuals, often we need to find the inspiration from within and be our own coach and cheerleader. Having confidence in yourself does not mean you must climb a mountain or give a speech to a full auditorium. Rather, it's believing in yourself, your choices and enjoying your accomplishments.

Consider the following strategies to boost your confidence level.

- ⚡ **Yeah for you!** Believing positively in yourself is the first step to building self-confidence. Consider using positive self-talk as a tool for success. You have the power to visualize success and work toward a goal. For example, if you believe something positive about yourself and reinforce this message mentally, you will begin to respond more positively.
- ⚡ **Surround yourself with your fans.** Positive people can help radiate positive energy and inspire greatness. Ask questions and accept input from those you trust. Positive support is essential to jump starting self-confidence.
- ⚡ **Laugh with yourself.** It takes a lot of time and effort to achieve your goals. Personal success is full of ups-and-downs. However, the downs are less painful when you can find humor in the situation. Those who project self-confidence are also those who find the lighter side in dim situations.
- ⚡ **Celebrate what you CAN do!** Focus on your strengths to generate confidence. By concentrating on your positive assets, you can build up the courage to try new things. Even in the wake of personal setbacks, a confident person continues to pursue their goal or create a new challenge.
- ⚡ **Challenge yourself.** Whether at work or at home, an original project can provide inspiration and control that you may lack. Start small, remember each obstacle you overcome is an accomplishment.

If you are interested in additional self-confidence strategies, your Best Care EAP is here to help. A professional counselor can help you implement the steps to build self-confidence. For a confidential appointment, please call (402) 354-8000 or (800) 666-8606.

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